

# Human Nutrition, Diet, and Health

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## V(A). Planned Program (Summary)

### 1. Name of the Planned Program

Human Nutrition, Diet, and Health

## V(B). Program Knowledge Area(s)

### 1. Program Knowledge Areas and Percentage

KA Code	Knowledge Area	%1862 Extension	%1890 Extension	%1862 Research	%1890 Research
701	Nutrient Composition of Food	20%	20%		
702	Requirements and Function of Nutrients and Other Food Components	20%	20%		
703	Nutrition Education and Behavior	20%	20%		
704	Nutrition and Hunger in the Population	10%	10%		
723	Hazards to Human Health and Safety	10%	10%		
724	Healthy Lifestyle	10%	10%		
805	Community Institutions, Health, and Social Services	10%	10%		
	<b>Total</b>	<b>100%</b>	<b>100%</b>		

## V(C). Planned Program (Inputs)

### 1. Actual amount of professional FTE/SYs expended this Program

Year: 2008	Extension		Research	
	1862	1890	1862	1890
<b>Plan</b>	92.3	12.0	0.0	0.0
<b>Actual</b>	20.4	3.0	0.0	0.0

### 2. Actual dollars expended in this Program (includes Carryover Funds from previous years)

Extension		Research	
<b>Smith-Lever 3b &amp; 3c</b> 370096	<b>1890 Extension</b> 156090	<b>Hatch</b> 0	<b>Evans-Allen</b> 0
<b>1862 Matching</b> 446402	<b>1890 Matching</b> 173727	<b>1862 Matching</b> 0	<b>1890 Matching</b> 0
<b>1862 All Other</b> 1739060	<b>1890 All Other</b> 351853	<b>1862 All Other</b> 0	<b>1890 All Other</b> 0

**V(D). Planned Program (Activity)****1. Brief description of the Activity**

ETP 21A-Chronic Disease Nutrition and Physical Activity-focuses on reducing risks for chronic diseases – major causes of morbidity and mortality in Alabama and disproportionately affecting the underserved. It includes presentations, exhibits and multi-session programs.

ETP 21B- Healthy Families and Communities Coming Together Project is designed to: a) empower Alabama health care consumers b) make health education information more accessible via , c) train community leaders and volunteers to assess root issues .

ETP 21C-Housing, the Environment and Health -goal is to increase awareness of environmental health and housing concerns.

ETP21D- Alabama Radon Education Program-collaborative project with ADPH to inform counties of Alabama about the health risks radon gas in their homes and encourage to testing in their homes for radon and mitigate them.

ETP21E- to provide nutrition education to limited-resource audiences with children

ETP21F-Nutrition education outreach will focus on expecting mothers and mothers with small children (ages 0-5 years) and youth (6-14 years)- Hispanic

ETP21I. NEP- to provide effective nutrition education ( to food stamp recipients and applicants, elementary school students in qualifying schools and other FNS-approved individuals.

ETP21G- UNEP-expand services provided through Extension's Health Initiative for Underserved Populations and targets food stamp recipients and other food stamp eligible families especially public housing residents and senior citizens.

ETP21H-CHAMPIONS- Target audience is teens, adults, and the elderly with limited resources living in the metropolitan inner cities that are at risk due to poor weight management, designed to improve the overall health of the target audience through lifestyle changes such as adopting obtainable eating practices, daily physical activity, and improving behavioral habits.

**2. Brief description of the target audience**

The primary target audience is the general public.:youth, adults (senior citizens, Hispanic audiences).

**V(E). Planned Program (Outputs)****1. Standard output measures****Target for the number of persons (contacts) reached through direct and indirect contact methods**

	<b>Direct Contacts Adults</b>	<b>Indirect Contacts Adults</b>	<b>Direct Contacts Youth</b>	<b>Indirect Contacts Youth</b>
<b>Year</b>	<b>Target</b>	<b>Target</b>	<b>Target</b>	<b>Target</b>
<b>Plan</b>	160000	340000	50000	100000
2008	113768	408453	2412	86726

**2. Number of Patent Applications Submitted (Standard Research Output)****Patent Applications Submitted**

<b>Year</b>	<b>Target</b>
<b>Plan:</b>	0
2008:	0

**Patents listed****3. Publications (Standard General Output Measure)****Number of Peer Reviewed Publications**

	<b>Extension</b>	<b>Research</b>	<b>Total</b>
<b>Plan</b>	0	0	
2008	0	0	0

**V(F). State Defined Outputs****Output Target****Output #1****Output Measure**

This program area will include numerous output activities and methods as part of the Extension Team Projects (ETPs) which are described/explained in the prior "outcome activities and methods sections." The success of many of these outcomes will be formally evaluated/measured by using individual activity evaluation forms designed specifically for each activity, the success of other activities and methods will be measured by the level of participation in the activity. In the target boxes below for each year, we are indicating the number of individual activities within the ETPs for this program area that will be formally evaluated using an evaluation instrument designed specifically for that activity.

<b>Year</b>	<b>Target</b>	<b>Actual</b>
2008	10	6

**Output #2****Output Measure**

ETP 21A Chronic Disease, Nutrition and Physical Activity-The output target is educational programs and resources presented to youth and adults to address chronic disease risk and prevention, promote healthy nutrition behaviors and physical activity adherence. ETP 21 B Healthy Families and Healthy CommunitiesThe major focus of implementation for this ETP in 2008 was training community leaders and volunteers to assess root issues contributing to poor health in their communities/families and adopting new family and community-based change strategies - including building faith-based, school, or community partnerships. ETP 21C Housing, the Environment and Health--This project has a special emphasis on the environmental health needs of children and has a particular focus on indoor environments. Some of the most serious environmental health problems for children and adults occur in the indoor environment. Most people spend over 90% of their time indoors. Children often have greater exposures to environmental toxins than adults because their bodies are still developing and pound per pound of body weight, children drink more water, breathe more air and eat more food than adults. ETP 21D Radon --Radon gas will continue to invade Alabama homes and we will continue to educate and try to bring about awareness and action to the citizens of Alabama as long as the EPA will support radon awareness and action within state programs. We will continue to seek new ways to reach more citizens with the radon risk message and produce new marketing and educational materials for the Radon Team. ETP21I-Nutrition Education Program-- During Fiscal Year 2008 (October 1, 2007 - September 30, 2008), 23 nutrition educators conducted NEP education sessions in 46 rural counties in Alabama. Nutrition education was taught using direct and indirect teaching methods in group classes, one-on-one sessions, printed materials and through exhibits. Key educational messages focused on the Dietary Guidelines for Americans and the USDA food guidance system, currently MyPyramid. The primary audiences for this education were adult food stamp recipients and applicants, and youth of food stamp households. (Food Stamp Office, Public Housing, Food Banks, Community Action Agencies, Head Start, Mental Health Group Homes, Summer Food Service, Public Schools) ETP 21H CHAMPION -A Weight Management program conducted through out the state by 6 UREAs. Series of classes, workshops, forums , seminars, health fairs,focusing on current health issues, nutrition, physical activity and healthy lifestyle for all ages were provided. For children, a one week summer camp was held for 105 girls (ages 10-12), and a nutrition and health booklet was developed. Direct participants: 1,115 youth and 163 adults for 2008. Indirect contacts through TV, radio, newsletters and newspaper articles focusing on health and healthy lifestyle were over 112,631.

<b>Year</b>	<b>Target</b>	<b>Actual</b>
2008	{No Data Entered}	0

**V(G). State Defined Outcomes**

O No.	Outcome Name
1	<p>Each ACES employee is required to provide a success story on the program activity which they felt best demonstrates the impacts of their work. These success stories contain the following elements: Why: Explain the reason the program was done, or the situation or problem that the program addressed What: Specifically what was done and how it was done. When: If this was a one-time event, the date it occurred. If it is was a series of events, or an on-going program, when it began. Where: Specific location-- the county or counties involved. Who and how many: The "who" includes both who did the program and who were the clients of the program, as well as how many people were served. So what: This is the part that gives the real meaning to "success". The basic question to be answered in this part is "what difference did this program make". The difference may be measured in terms of dollars, or in changes in habits, lifestyles or attitudes. Whenever possible use numbers to show the effect of the program. If it is not possible to use numbers, provide a qualitative measurement like client comments or another type of testimonial about the program. Since this program area is very broad in scope and contains multiple Extension Team Projects which have different outcomes measures, the impacts for this program area are best measured in the number and quality of the success stories generated by the individuals who work on these projects. Therefore, one very significant outcome measure is the number of success stories generated.</p>
2	<p>Major outcome measures in Human Nutrition, Diet, and Health will be the decrease in diseases which are directly related to nutrition, and the decrease in the percent of obese adults and children. The yearly targets below are percentage decreases in diseases.</p>
3	<p>ETP 21A Chronic Disease, Nutrition and Physical Activity-The outcomes were that approxiamatley 200 families and 12 counties were reached as a result of the A New Leaf program to encourage and promote healthier lifestyle choices. A total of 15 ACES employees allocated a total of 1,490 days to Extension Team Project 21A in 2008. Extension received grant funds of \$211, 466 . Monies were also allocated for salaries and travel for twelve (12) Community Health Advocates (\$105, 000), travel for regional Regional Extension Agents and Specialist (\$20,000), in-service training (\$35,000)purchasing of educational curricula and resources (\$12,000), printing of the curricula (\$11,000), publications, and (\$15,000) and participants incentives (\$13,000). ETP 21 B Healthy Families and Healthy Communities--10 Community Helath Advocates were hired and collaborations were developed within the 10 couties that they serve. Professional development oportuities were provided for ACES staff and CHA's. ETP 21C Housing, the Environment and Health---A total of 467 ETP days were attributed to this ETP for 2008 with 17 Extension educators signed up. ETP 21D Radon -- Statistics for 2008 Citizen contacts: Potential media contacts..... 1,696,942 Radon exhibit viewers..... 41,020 Programming contacts..... 10,667 Agent days devoted to radon..... 387 Radon test kit coupons distributed..... 17,597 ETP21I- Nutrition Education Program--Statistics for 2008 Citizen contacts: Potential media contacts..... 1,696,942 Radon exhibit viewers..... 41,020 Programming contacts..... 10,667 Agent days devoted to radon..... 387 Radon test kit coupons distributed..... 17,597 ETP21H CHAMPION- One hundred and five (105) girls age 10-12 attended the BETF camp for gorls and one hundred asixty three (163) adults Participated in the health, nutrition, physical activity and healthy lifestyle classes. The attending the BETF Summer camp showed a knowledge gain of 83% using pre-post test evaluations and had a total weight loss of 420.3 pounds.The adults showed 95% increase in knowledge gain from the pre-post test evaluation and a total weight loss of 386 pounds.</p>

**Outcome #1**

**1. Outcome Measures**

*Not reporting on this Outcome for this Annual Report*

**2. Associated Institution Types**

**3a. Outcome Type:**

**3b. Quantitative Outcome**

Year	Quantitative Target	Actual
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**3c. Qualitative Outcome or Impact Statement**

**Issue (Who cares and Why)**

**What has been done**

**Results**

**4. Associated Knowledge Areas**

KA Code	Knowledge Area
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**V(H). Planned Program (External Factors)**

**External factors which affected outcomes**

Natural Disasters (drought,weather extremes,etc.)

Economy

Appropriations changes

Competing Programmatic Challenges

Populations changes (immigration,new cultural groupings,etc.)

**Brief Explanation**

Natural disasters - weather conditions damaging and/or destoring growth of certain foods, thereby reducing foods availability.

Economy - increased fuel cost and unemployment, increase cost of food and supplies create a hardship for urban and low-income families.

Competing Programmatic Challenges- media disseminating nutrition information about programs and products that may be unhealthy and misleading.

Population Changes- shift in food availability to meet the needs changed population.

**V(I). Planned Program (Evaluation Studies and Data Collection)**

**1. Evaluation Studies Planned**

Before-After (before and after program)

During (during program)

Comparisons between program participants (individuals,group,organizations) and non-participants

### **Evaluation Results**

Weight management programs for 105 youths resulted in 83% knowledge gain and weight loss of 420 lbs, Weight management programs for 163 adults resulted in 95% knowledge gain and weight loss of 386 lbs.

Behavior changes in daily exercise for 105 youth showed an increase of 74% and changes in fruit and vegetable intake yielded a 79% increase. Adults behavior changes in exercise was 82% and fruit and vegetable intake yield a 91% increase.

### **Key Items of Evaluation**

Structured weight management programs providing basic nutrition education, physical activity, and basic information on chronic diseases, how to prevent and control these, fosters positive knowledge gain and behavioral changes in most ages groups.